

Banana Muffins

THM-Friendly: E



- 2 cups Baking Blend
- 1 tsp. baking soda
- 1 tsp. baking powder
- 3/4 cup Gentle Sweet
- 3 ripe bananas
- 1 egg (or EggBeater equivalent)
- 1/2 cup unsweetened applesauce
- splash of vanilla extract
- splash of banana extract
- splash of cinnamon extract (optional)

Preheat your oven to 350. Mix all ingredients with a hand mixer. Spoon into large or mini muffin tins. Bake for 22 minutes. Makes nine large muffins.

enJOY!

